

# Protect Yourself in the Digital World



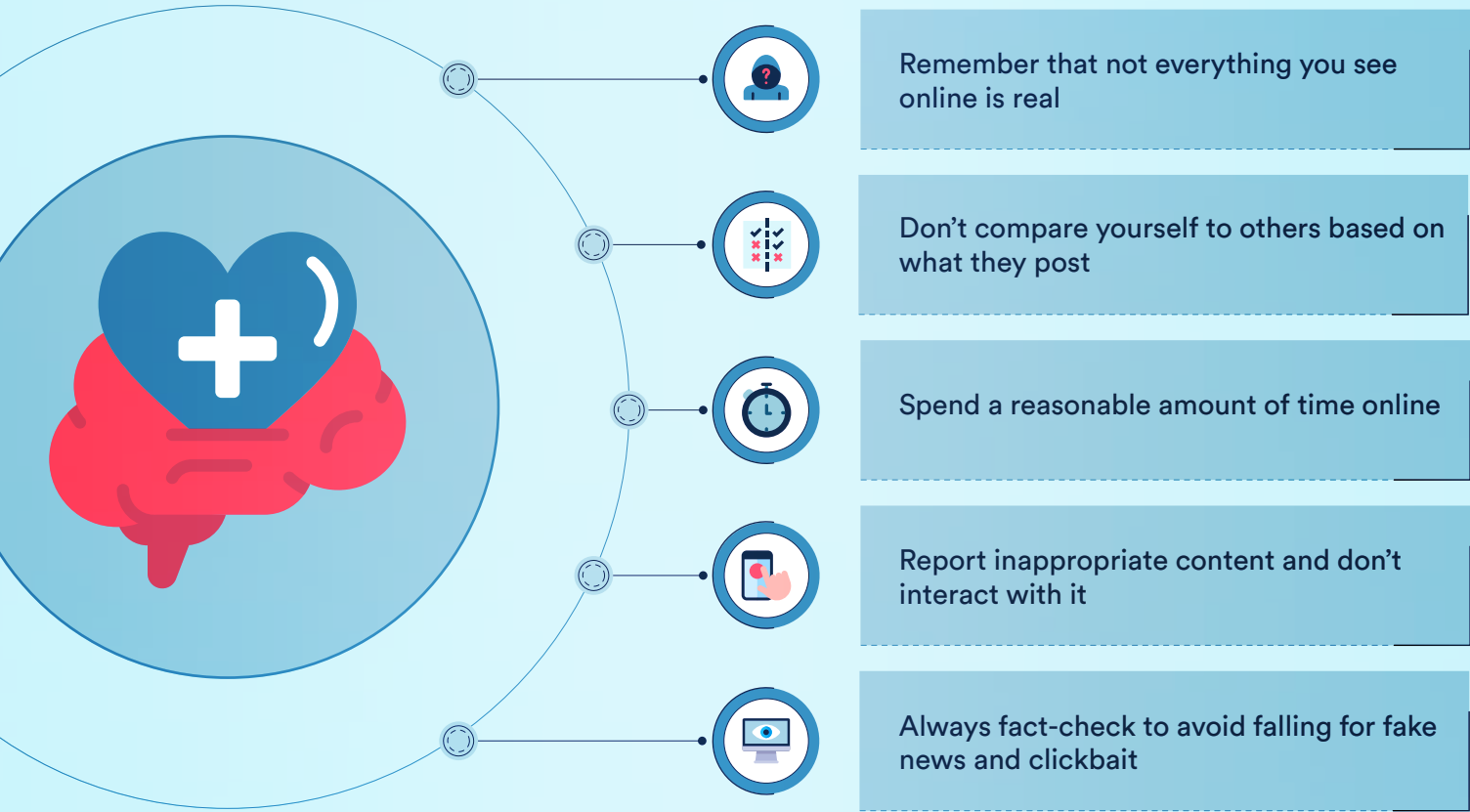
Keeping yourself safe while using the internet is a responsibility you should take seriously. Since the internet is a vast place with users from all over the world, every user is at risk of getting into compromising situations like identity theft, cyberbullying, hacking, exposure to disturbing content, and more stressful encounters.

STAYING SAFE ONLINE CAN BE DIFFICULT, BUT THERE ARE SOME PRECAUTIONS YOU CAN TAKE TO MINIMIZE RISKS AND ENJOY A POSITIVE ONLINE EXPERIENCE.

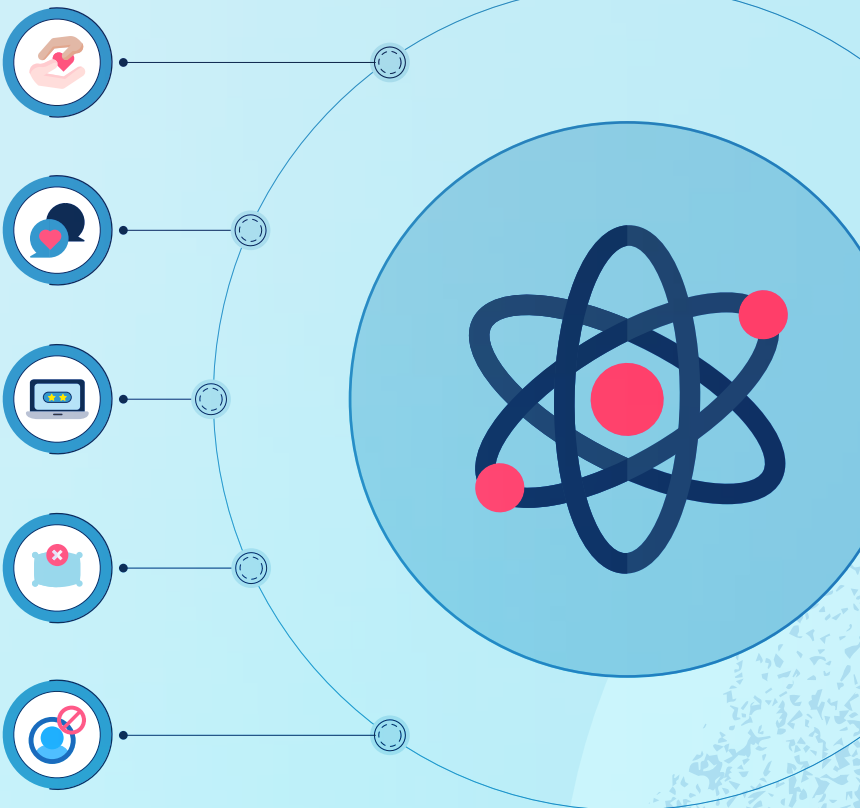
## PRIVACY AND SECURITY



## MENTAL AND PHYSICAL HEALTH



- Respect others and don't engage in cyberbullying
- Think about the impact of everything you share on yourself, and on others
- Mind your seating position and posture when using electronic devices
- Stay offline before going to bed to avoid insomnia
- Switch off every once in a while and be fully engaged in your offline life



IF YOU EVER FEEL UNSAFE, TALK TO SOMEONE YOU TRUST ABOUT IT AND GET THE HELP YOU NEED.